

Content

- Herbs.
- What are 'herbal drugs'?
- Available types.
- History.
- How they work inside body?
- Conditions where herbal medicine is used for treatments.
- Factors to be considered when recommending herbs.
- Common herbs and their uses.

A herb,,,

- In general use, herbs are any plant used for flavoring, food, medicine, or perfume.
- An abbreviation of "herbaceous plant".
- Have a variety of uses; culinary, medicinal, and spiritual usage.

Medicinal herbs are,,,,

Plants contain phytochemicals that have effects on the body.

Herbal drugs,,,

- Are dietary supplements, people take to improve their health.

Also called ;
herbal medicine
botanical medicine
phytomedicine



Sold as;

tablets
decoctions
tinctures
capsules
powders
teas
extracts
fresh or dried plants.



Almost one fourth of pharmaceutical drugs are derived from botanicals.

Types of herbal drugs include,,,

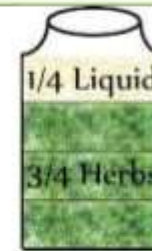
- **Tisanes**(herbal teas): resultant liquid of extracting herbs into water.



- **Decoctions**: the long-term boiled extracts, usually of harder substances like roots or bark.



- **Tinctures** : alcoholic extracts of herbs, generally stronger than tisane.



- **Herbal wine** : maceration of herbs in wine.



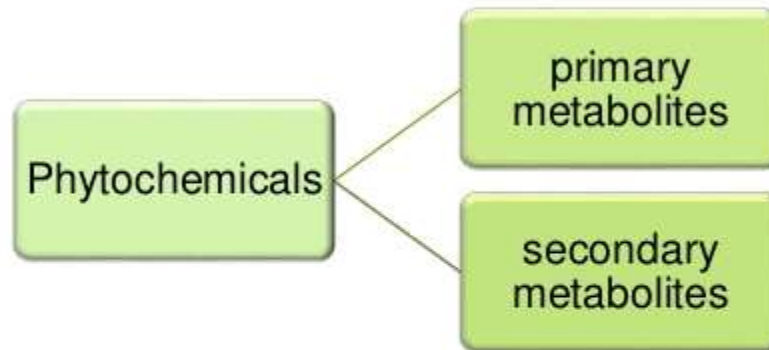
- **Extracts** include liquid extracts, dry extracts and nebulisates.

How they work???

- Scientists aren't sure what specific ingredient in a particular herb treats a condition or illness.
- Whole herbs contain many ingredients.
- They may work together to produce a beneficial effect.

Use of Phytochemicals...

- Plants have the ability to synthesize chemical compounds (phytochemicals).
- Many have beneficial effects on long-term health of humans.
- They can be used to effectively treat human diseases.
- At least 12,000 such compounds have been isolated so far.



- Secondary metabolites and pigments have therapeutic actions in humans and can be refined to produce drugs.

○ **Examples are ;**



- **Inulin** from the roots of Dahlias (for diabetics)
- **Quinine** from the Cinchona (antifever agent especially in treating malaria & for increasing appetite)
- **Morphine and codeine** from the Poppy (as painkillers)
- **Digoxin** from the Foxglove (for heart problems)

- Herbal medicine is used to treat many conditions, such as:

Asthma

Premenstrual syndrome

Rheumatoid arthritis

Migraine

Menopausal symptoms

Chronic fatigue

Irritable bowel syndrome

Cancer

Common herbs and their uses



Aloe vera

- ❖ Contains compounds that reduce inflammation, swelling, redness, pain and itching.
- ❖ Promotes healing, and helps injured skin from getting infected.
- ❖ Gel - as an ingredient in commercially available lotions.

